

Sun 27 th Nov	Light the first candle on your Advent wreath
Mon 28 th Nov	Write I love you notes to your parents and hide them under their pillows
Tues 29 th Nov	Donate some food to the food bank
Wed 30 th Nov	Find out about St Andrew whose feast day is today. Pray for the people of Scotland
Thur 1 st Dec	Make your bed without being asked

Fri 2 nd Dec	Be nice to someone you do not like very much
Sat 3 rd Dec	Offer to do a job for your Mum or Dad
Sun 4 th Dec	Light the second candle on the Advent wreath
Mon 5 th Dec	Make a Christmas card for a neighbour who lives alone
Tue 6 th Dec	Read about St Nicholas whose feast day is today

Wed 7 th Dec	Clear out your old toys and take them to a charity shop
Thur 8 th Dec	Today is the feast of the Immaculate Conception – one of Mary’s special feast days. Say a Hail Mary before you go to sleep
Fri 9 th Dec	Say a prayer for peace in Ukraine
Sat 10 th Dec	Show care to God’s creation by giving some food to the birds in your garden
Sun 11 th Dec	Light the third Candle on your Advent wreath

Mon 12 th Dec	Donate some old clothes to a charity shop
Tues 13 th Dec	Say sorry to someone you have upset
Wed 14 th Dec	Invite someone who is on their own in the playground to join your game
Thur 15 th Dec	As you go down the corridor, hold the door open for someone
Fri 16 th Dec	Hug everyone in your family

Sat 17 th Dec	Offer to help with wrapping presents
Sun 18 th Dec	Light the fourth candle on the Advent wreath
Mon 19 th Dec	If you are passing a Church, pop in and say a prayer or light a candle for someone in need
Tues 20 th Dec	Set up a Christmas crib at home
Wed 21 st Dec	Tidy your bedroom without being asked

Thur 22 nd Dec	Offer to lead a prayer at a family meal time. Pray for those who are hungry.
Fri 23 rd Dec	Take some Christmas biscuits or a card to an elderly relative or neighbour
Sat 24 th Dec	Find the story of the first Christmas and read it to your family
Sun 25 th Dec	Light the white candle on the Advent wreath. Say a thank you prayer

Appendix 1 Crib Cut-Outs



